



Rossford Middle School

Dual Meet: Rossford – Woodmore

Wednesday, April 26, 2023

Glenwood Athletic Complex, 28720 Lime City Rd. Pburg, OH
Phone: (419) 666-5262

Meet scorer: Richard Morgan, phone: 419-601-1976
email: rmorgan55@gmail.com

- Entries:** All entries will be done online at www.baumspage.com. The window is already open, and it will close **at 7:00 PM Tuesday, April 25**. Feel free to email me with any changes Tuesday night and Wednesday. We will accept changes even during the meet if necessary. The meet will be drawn Tuesday night and the lane assignments will be put on baumspage.
- Sprints:** Enter as many individuals as you want. Do your best to estimate performances when entering your athletes so we have competitive heats and flights. ***Guess if you have to!*** Regardless of times, however, we will make sure both schools are represented in the hot heat of each event. All races from the 400m down will be run in multiple heats, from fastest to slowest, with scoring possible from any heat.
- Distance:** Enter as many individuals as you want. For all races 800 m and up, all runners will be run in one heat. In some of the distance races, we may run the boys and girls together, depending on the number of participants and the weather. However, all boys' and girls' coaches must agree to this.
- Field Events:** In the field events, enter as many individuals as you want. There will be 4 attempts, with flights drawn from shortest to longest.
- Relays:** Enter up to 3 relays per event. If you need more, email and we'll figure out a way.
- Scoring:** Since this is a dual meet, scoring will be 5-3-1 in all individual events, and 5-0 in relays.
- Facilities:** We have an 8-lane all-weather track, with all-weather surfaces on the jumping surfaces as well. Please use $\frac{1}{8}$ or $\frac{1}{4}$ inch spikes. Tape is acceptable for marking the jumps, and tennis balls or the like should be used for relays. Please supply your own batons.
- Concessions:** We will have our concession stand open.
- Admission:** There is no admission charge.
- Meeting:** Come to the press box upon arrival for any last-minute changes or instructions.
- Info:** For questions or information, please contact:
Ron Recknagel, 419-944-4871; RRecknagel@rossfordschools.org; Rossford Asst. AD
Richard Morgan, rmorgan55@gmail.com; 419-601-1976; Meet scorer

Good Luck,

Richard Morgan, Meet Scorer

Schedule

Field events

4:30 PM Girls and Boys Pole Vault
Girls High Jump (boys will follow)
Girls and Boys Long Jump (open pit, 4 attempts)
Boys Shot put, 4 attempts (girls will follow)
Girls Discus, 4 attempts (boys will follow)

Use your own implements. Weigh-ins will not be necessary.

Starting heights and other details of the field events will be determined on meet day by coaches' agreement, depending on number of entries, weather conditions, and other factors.

Running events

5:00 PM Girls 4x800 M Relay
Girls 4x800 M Relay
Boys 4x800 M Relay
Girls 100 M Hurdles
Boys 110 M Hurdles
Girls 100 m Dash
Boys 100 m Dash
Girls 4 X 200 m Relay
Boys 4 X 200 m Relay
Girls 1600 m Run
Boys 1600 m Run
Girls 4 X 100 m Relay
Boys 4X 100 m Relay
Girls 400 m Dash
Boys 400 m Dash
Girls 200 m Hurdles
Boys 200 m Hurdles
Girls 800 m Run
Boys 800 m Run
Girls 200 m Dash
Boys 200 m Dash
Girls 1600 m Relay
Boys 1600 m Relay

Please remember that all heat and lane assignments will be posted to baums-page some time Tuesday night.